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LIMIT 12
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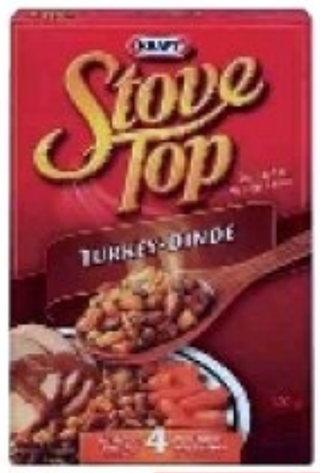

Stove Top stuffing
120 g
20310507001

LIMIT 4
.97 EA
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frozen, 2 kg
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Vancouver metro

Your essential daily news | WEEKEND, APRIL 7-9, 2017 | High 10°C/Low 6°C Rain

'DARK CHAPTER'
Damning report on the firing of health worker
metroNEWS

RESPONSE TO CHEMICAL ATTACK

U.S. LAUNCHES MISSILE STRIKE ON SYRIA

- Sixty missiles fired at air base
- Trump calls on 'all civilized nations' to join the effort
- Syrian president refuses to admit wrongdoing

metroNEWS

The w Ross fires a Tomahawk missile at a Syrian airfield.
ROBERT S. PRICE/US NAVY/ AFP/GETTY IMAGES

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Refugee flyer makes U.S. rounds

ASYLUM SEEKERS

As influx continues, pamphlet in high demand

David P. Ball
Metro | Vancouver

Harsha Walia, co-founder of No One Is Illegal JENNIFER GAUTHIER/FOR METRO

As the influx of asylum-seekers from the U.S. under President Donald Trump continues into Canada, migrant advocates in Metro Vancouver have helped create a resource that's already in high demand south of the border.

The two-page "Border rights for refugees" pamphlet has already been distributed to more than 360 organizations across the U.S. and has been snapped up by would-be border-crossers in contact with its creators and those hoping to seek asylum after successfully arriving here.

"The idea initiated in Vancouver, where we were talking to a lot of people who were crossing at the B.C. border," explained Harsha Walia, one of the founders of No One Is Illegal, which was involved in the publication.

"There's been a lot of government propaganda that, 'We welcome refugees' in the media. People said they heard Canada will accept us, but there was a huge lack of knowledge.

"It was evident that people just didn't have the information they needed ... without (which) people would not be able to make a claim at the land border."

In February, Metro met with a family of asylum-seekers fleeing violence in their home country, Honduras, to the U.S.

But Trump's anti-immigrant rhetoric drove them to sneak into B.C. through the snow in sub-zero nighttime temperatures.

Similar stories have been widely reported in Manitoba and Quebec this year.

The new pamphlet was officially released on Thursday in English and 16 other languages, targeted at the greatest numbers of asylum-seekers over the border recently: Arabic, Amharic, Chinese, Farsi, Filipino, French, Haitian Creole, Kurdish, Punjabi, Spanish, Somali, Tamil, Tigrinya, Twi, Urdu and Vietnamese.

One key explanation offered by the resource is about Canada's Safe Third Country Agreement with the U.S., which states that asylum-seekers are barred from claiming refugee status at an official U.S. port of entry because America is considered "safe."

"The Canadian government has refused to rescind the agreement," Walia said.

"This legislation is acting like a wall.

"There's essentially a northern wall where so many refugees can't make a claim and are forced to cross irregularly because of this wall — precarious crossings under life-threatening circumstances."

In a news release announcing the flyer, its creators said the spike in refugee border crossings and arrests — 1,134 asylum-seekers intercepted by the RCMP in three months — is one reason such a resource is urgently needed.

The pamphlet was the result of a collaboration between No One Is Illegal, the Immigration Legal Committee of the Law Union of Ontario and the African-Canadian Legal Clinic.

Ombudsman Jay Chalke arrives to speak to media as he releases his report into the terminations of Ministry of Health employees in 2012 during a press conference in Victoria on Thursday. CHAD HIPOLITO/THE CANADIAN PRESS

Health firings wrong, says ombudsman

TRAGEDY

Chalke keen to close 'dark chapter' after worker suicide

A former British Columbia health worker who took his own life after being caught up in a government drug policy investigation did nothing wrong and should never have lost his job, ombudsman Jay Chalke said in a report released Thursday.

He said in his report, called "Misfire," that seven government health workers and a contract employee who were fired five years ago because of a flawed and rushed investigation did not deserve the personal, financial and professional harm they suffered.

Roderick MacIsaac, a co-op research student working at the Health Ministry, died by suicide about four months after being fired on the grounds he jeopardized the privacy of British Columbians and the reputation of the ministry.

"Mr. MacIsaac's death was a tragedy that has cast a dark shadow over the entire affair," Chalke told a news conference.

MacIsaac and the other workers were part of a drug-research program in 2012 when they were fired amid allegations of inappropriate and potentially criminal conduct.

"Having carefully assessed each of the grounds the ministry relied on in terminating Mr. MacIsaac, we have concluded that most of the grounds relied on were unsupported by the evidence and not true," the report stated. "It is our conclusion that Mr. MacIsaac's employment dismissal was wrong."

> **It is our conclusion that Mr. MacIsaac's employment dismissal was wrong.**
> Jay Chalke's report

Chalke made 41 recommendations, including offering goodwill payments to those harmed, ranging from $15,000 to $125,000, and personal letters of apology for some of the workers.

He recommended the government honour MacIsaac's memory by funding a $500,000 scholarship endowment at the University of Victoria.

Then-health minister Margaret MacDiarmid said at the time that there were allegations that employees inappropriately accessed sensitive medical records, but charges were never laid and media reports later showed the RCMP never investigated the claims.

"It is my hope that government takes the opportunity to close this dark chapter by implementing the recommendations I have made in this report," he said. THE CANADIAN PRESS

IN BRIEF

SUV smashes into library

Six people are hurt, one critically, after an SUV smashed through the wall of the public library in Peachland, B.C.

RCMP Cpl. Jesse O'Donaghey says it happened at about 4 p.m. Wednesday in the small community south of West Kelowna. He says a man in his 40s was inside the library and has life-threatening injuries, a second person is in serious condition and three more were hit by flying debris.

THE CANADIAN PRESS

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Bridal Fashion Week returns

DESIGNERS

Western and South Asian cultures to be showcased

Ashley Singh
For Metro | Vancouver

Bridal Fashion Week Vancouver will be returning this weekend to celebrate both South Asian and Western wedding cultures.

The event will take place at the Vancouver Convention Centre from Friday to Sunday and will incorporate this season's bridal wear from international and local designers.

One of the designers, Parvesh Jai, who has recently settled his company in Vancouver from India, said he's excited to showcase the Indian bridal pieces his team has spent so long working on.

"We want to do this so people can feel what Indian bridal is all about, how elaborate it is, how much workmanship is involved in an Indian garment," he said.

Jai believes Vancouver is the perfect place for the show because of how multicultural the city is.

"We want to show Vancouver as a bouquet of different varieties of style that's available for clients of all cultures," said Jai.

Jai also said this year's show will be bigger and better, especially since they'll be collaborating with fashion magazine Harper's Bazaar, which will be providing 10 traditional garments.

"We're collaborating with them — the biggest bridal icon designers from India. These are basically display pieces that have gone all around the world," said Jai.

The event will also have platforms for wedding vendors ranging from venue promoters, photographers, caterers and many more.

Bridal Fashion Week will also be teaming up with B.C. Children's Hospital, with kids joining the models on the runway in garments specially designed for them at the beginning of Friday's show.

Indian designer Charu Parashar, with models Danita Prasad and Nikhita Singh.
JENNIFER GAUTHIER/FOR METRO

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TRAFFIC

Safety concerns discourage cycling on Vancouver streets

Safety concerns on Vancouver's roads and cycling lanes are stopping residents from cycling more often.

To raise awareness about these concerns, HUB Cycling, a non-profit cycling advocacy organization, created a campaign called UnGapTheMap. The campaign aims to identify and fix safety hazards across Metro Vancouver.

"We've made a lot of progress here in Vancouver with the bike lanes but there still are a lot gaps that we need to address," said Ellie Lambert, spokesperson for HUB Cycling.

HUB Cycling has already found more than 300 gaps across Metro Vancouver. The gaps range from the lack of clear signage, adding bike crossings, and building new bike lanes in areas of high ridership. Lambert said that about 40 per cent of residents are not cycling due to these safety concerns.

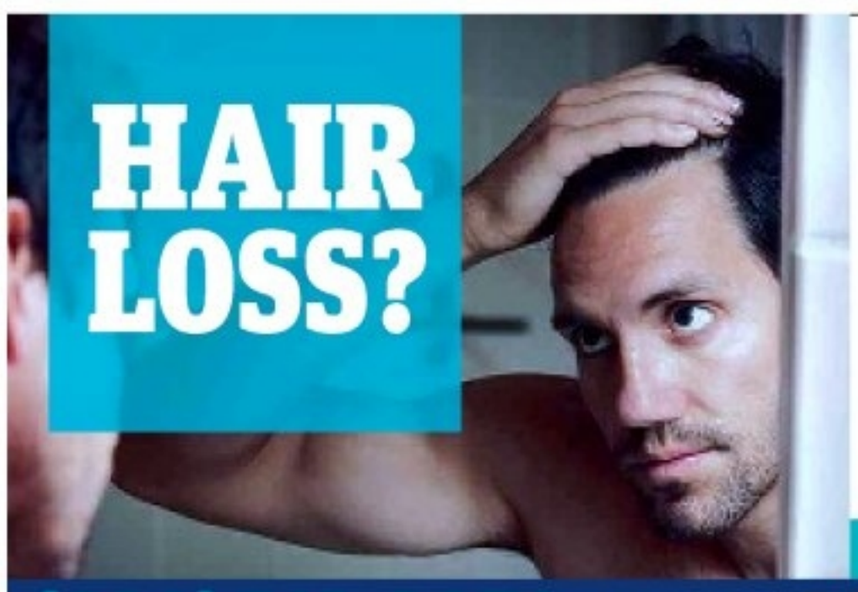
> **We've also been seeing cyclists having to walk their bikes because they're not safe to ride on.**
> Ellie Lambert

"More often we're seeing cyclists avoiding certain routes because they're either not safe to ride on, or these routes get cut off and can cause confusion," she said. "We've also been seeing cyclists having to walk their bikes because they're not safe to ride on."

HUB Cycling is raising these issues with the Ministry of Transportation and Infrastructure and to TransLink to encourage solutions be implemented.

One of the potential solutions they suggests is cycle highways. Cycle highways are longer and continuous paved routes compared to bike lanes, which are also separated from pedestrians and vehicles and have already been proven to be successful in Europe.

ASHLEY SINGH/FOR METRO



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Macallan Wayne Saini died in a Vancouver daycare on Jan. 18.
COURTESY SHELLEY SHEPPARD AND CHRIS SAINI

'Put yourself in my shoes'

CHILD CARE

Mom of toddler who died in daycare writes to premier

Wanyee Li
Metro | Vancouver

The mother of a toddler who died at an East Vancouver daycare wrote an open letter to B.C.'s premier, calling for changes to the province's child-care system in light of her son's "preventable" death.

Mac Saini was almost 16 months old when he died at an unlicenced daycare in January, according to his mother, Shelley Sheppard. Vancouver police are investigating his death. Sheppard says she is appealing to Premier Christy Clark "from one mother to another."

"The bond between a mother and child is the strongest bond that there is," wrote Sheppard in the letter, posted on Facebook.

"As a woman and a mother, take a moment to think about my life now that Mac is no longer by my side."

Sheppard, a social worker, wants the premier to support the $10-a-day child-care plan that the BC NDP have endorsed.

She recounted how she tried to find another daycare that would take her son after he was injured at a licensed daycare. But after "countless" calls, Shepperd says she could not find a suitable place for her son where he would receive one-on-one time.

"With no other options and because we could not afford a nanny or to take more time off of work, we went with our only option and we placed Mac in an unlicensed home daycare," she said. "Mac died on his second full day at this daycare and it was entirely preventable."

Sheppard emphasizes she would not have placed her son in the daycare where he died if there had been licensed options available or if she had known the history of the daycare.

IN BRIEF

Totem pole to be replaced

The raising of a new totem pole later this year in Kitimat, on British Columbia's North Coast, could finally remove an irritant between the local First Nation and the district.

The current totem pole in Centennial Park is reaching the end of its life, but Haisla First Nation master carver Sammy Robinson says the pole wasn't carved according to the their customs. Officials with the District of Kitimat say a Haisla carver will create a new pole, expected to be raised by October.

THE CANADIAN PRESS

HEALTH CARE

B.C. has shortage of interpreters for deaf people

Ashley Singh
For Metro | Vancouver

Interpreters are a crucial resource for the deaf community and yet throughout Canada, they can still be difficult to obtain and rely on for medical needs.

Due to a lack of reliable interpreters, patients who are deaf face multiple issues like, not fully understanding their medical problems or being dismissed as "too much trouble." If they do manage to receive an interpreter most likely the person may be underqualified to translate the patient's needs.

Kimberly Wood, president of the Greater Vancouver Association of the Deaf said there are never enough special interpreters in British Columbia. Deaf patients not receiving enough attention in medical situations is becoming a real issue in hospitals across the province.

"The doctors and nurses are often being changed within their system. We've got to educate them again and again about MIS (Medical Interpreting Service)," she said.

The head of the MIS, Janice Lyon, said in emergency rooms receiving an interpreter shouldn't be a problem, and for appointments it's best to schedule a week in advance.

"We actually do have a schedule for interpreters, for example the interpreters are on call for the emergency room for the overnight hours, for the weekends. So we do have a schedule, there's no problem with that at all," said Lyon. In Vancouver, MIS has 37 interpreters, in 2016 MIS made 3,197 appointments, 286 of which were emergency room visits.

"I agree that is problematic for on-going nurses and doctors when the shift change happens, but it's difficult to go in and educate those entities, everybody has shift changes and it's hard to write that into policies," said Lyon.

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Top judge takes to Twitter

SOCIAL MEDIA

Thomas Crabtree does Q&A in online town hall

David P. Ball
Metro | Vancouver

B.C. Chief Judge Thomas Crabtree tweets a selfie of himself and his colleagues on Thursday during a two-hour Twitter town hall to mark B.C. Law Day. CONTRIBUTED/TWITTER

Some people say, "I'll see you in court."

But on Thursday, British Columbia's top judge turned that expression on its head by taking to Twitter instead.

Chief Judge Thomas Crabtree, 62, entered the social media fray to mark B.C. Law Day, hosting a Twitter "town hall," answering questions tweeted at him, and even posting selfies and a "#TBT" or "Throw-back Thursday" picture of his graduation from law school 34 years earlier.

The session began at 11 a.m. sharp, with the Provincial Court account on Twitter announcing, "All rise," as a clerk would as a judge enters a courtroom.

The session had gotten a shout-out earlier this week from proficient social media-using Texas judge Don Willett, who's been referred to by the Washington Post as a "Twitter addict" for his voluminous stream of personal tweets, opinions and popular Internet memes.

"Canadian tweeps: The Chief Judge of the British Columbia Provincial Court is hosting a TwitterTownHall," he tweeted on Tuesday. "Fun, eh?"

But one user observed that judges tweeting is highly abnormal in Canada, compared to the U.S. especially, where judges are openly partisan and in some cases even elected. In addition to Supreme Court justices posting their decisions, other lower court judges frequently make what critics see as ill-advised court case-related jokes, Christian religious messages and partisan jabs.

However, Crabtree said the public needs to be more engaged by the judicial system, which he hopes to see become better at technology as well as more diverse.

Crabtree spent the rest of the session answering questions on issues such as the need for plain language for people representing themselves without a lawyer, increasing diversity amongst judges, and restorative justice and First Nations court.

Asked what the greatest misperception about B.C. courts, he replied that many people don't actually know what judges do, and also, "That we use gavels (but we don't!)."

But he emphasized to several users that he wasn't able to touch any "political" subjects such as his opinion on cuts to legal aid funding, B.C. court closures, or whether Canada should axe preliminary hearings as some have proposed.

"We're an independent, impartial branch of gov so we can't comment on political issues," he replied.

And as he did in the first Twitter town hall last year, Crabtree tweeted a smiling selfie of his team at their computers.

He was also asked what he hoped for the courts in a decade.

"A court that embraces technology," he replied, "with greater accessibility and that is as diverse as the community it serves."

MOUNTIE KILLED

Court delay for accused in crash

The case of a man facing charges for a crash that killed an RCMP officer on Vancouver Island has been delayed.

A provincial court judge in Victoria has granted a three-week delay so lawyers on both sides can work on an agreed statement of facts.

Const. Sarah Beckett died last April when her police cruiser was broadsided by a pickup truck in a Langford intersection.

Kenneth Fenton is charged with impaired driving causing death, flight from police, and dangerous driving causing death.

His lawyer, Dale Marshall, says both defence and Crown prosecutors asked for the delay and that no decision has been made about a possible plea. The case is due back in court on April 27.

A trial was previously delayed while the Independent Investigations Office looked into the actions of another RCMP officer who was chasing the vehicle that hit Beckett's cruiser.

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First Nations criticize oil spill

TRADITIONAL TERRITORIES

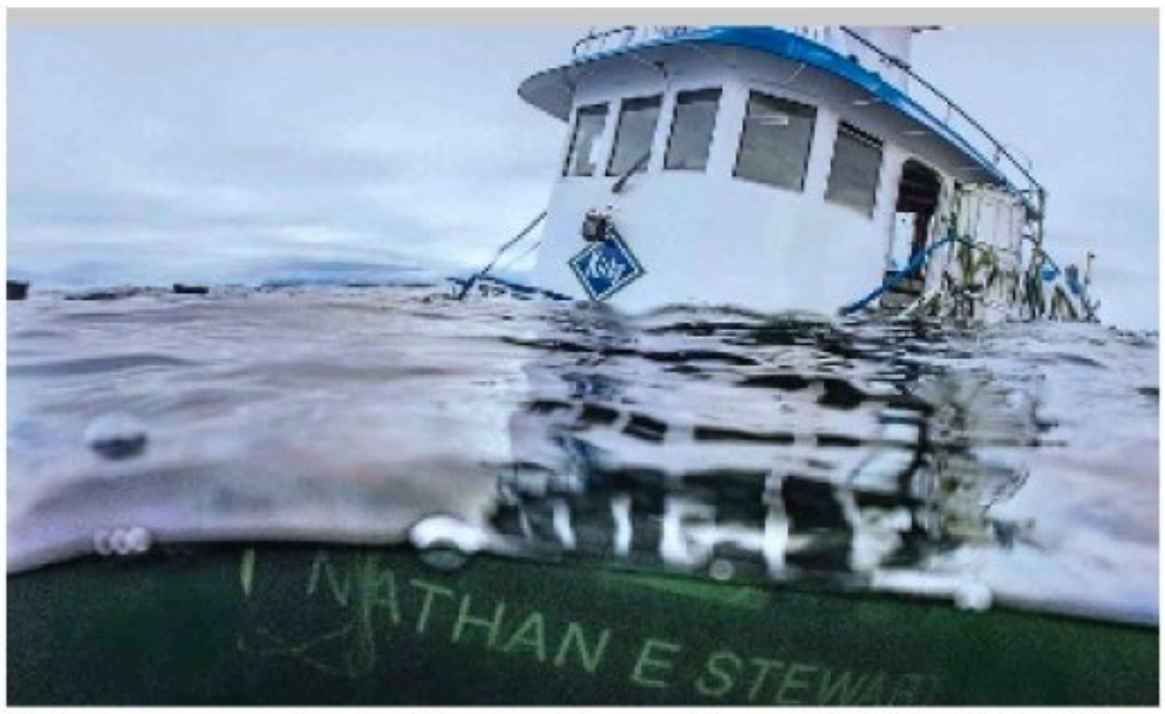
Heiltsuk say boat sinking shows lack of federal care

The federal government's commitment to First Nations has been criticized in a report from a British Columbia First Nation after last year's sinking of a tug in the waters off the renowned Great Bear Rainforest.

The Heiltsuk Tribal Council report released Thursday found failures in Canada's emergency response measures were evident within hours of the grounding of the Nathan E. Stewart on Oct. 13, 2016.

It examined the first 48 hours of the emergency, which began when the vessel pushing an empty barge missed at least one course change and hit rocks west of Bella Bella, causing a spill of more than 110,000 litres of diesel.

Heiltsuk Chief Marilyn Slett said the tribal council encountered a lack of co-operation from the government and the owner of the tug throughout the incident, forcing the First Nation to launch its own investigation in order to answer questions from the community.



The federal government was harshly criticized in a report from a British Columbia First Nation into the sinking of a tug in the waters off the renowned Great Bear Rainforest last year that caused an oil spill. THE CANADIAN PRESS/HO-HEILTSUK FIRST NATION, APRIL BENCZE

"The Heiltsuk undertook this investigation in our territory as an act of defining who we are," she said in an interview.

"This whole process was never set up to include First Nations communities so right from the start we were not so much as an afterthought with the process that was being rolled out in our own traditional territories," Slett said.

The report said the Transportation Safety Board and ship owner Kirby Corp. repeatedly rebuffed requests to provide details to the council about the ship's log, black box, crew training or history.

"Although informed of Heiltsuk's aboriginal right to self-government, these organizations failed or refused to provide the requested information and documentation."

Spill response materials were also unavailable or ineffective, Slett said, adding there was confusion over who was in charge, which she called "disheartening" at a chaotic time when the fuel spill was impacting "every aspect of our Heiltsuk sense of well-being."

A Department of Fisheries emergency harvesting closure remains in effect for Gale Creek, a key source of Heiltsuk food and income.

> **Although informed of Heiltsuk's aboriginal right to self-government, these organizations failed or refused to provide the requested information.**
> Report

The report said the Heiltsuk harvests at least 25 food species from the affected area, and Gale Creek is the location of the nation's manila clam commercial harvest.

No one at Transport Canada was available for an interview, but a spokeswoman said in a statement that the department is committed to building strong relationships with indigenous communities on the West Coast and will be meeting with the Heiltsuk to review what they've collectively learned from the incident.

The investigation process is ongoing and it would be inappropriate to comment further, the statement from Sara Johnson said.

Transportation Safety Board spokesman Chris Krepski said the agency is conducting its own investigation and that senior investigators met with officials from the Heiltsuk to explain the legislation process.

"We are interested in obtaining the perspective of the Heiltsuk First Nation first responders, as well as the views of their community, and we will review the report they released closely. THE CANADIAN PRESS

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Science melts into ice cream at 77K Freeze

FOOD NOTES

Abby Wiseman
For Metro

The name 77 K Freeze seems like an odd choice for an ice cream parlour. But it hints at the boiling point for liquid nitrogen, 77 kelvin.

What does liquid nitrogen have to do with ice cream? Well, all of 77 K Freeze's frozen treats are made in-house using it.

The new shop (located at 2240 Commercial Dr.) is owned by a team of engineers, scientists and designers.

Science aside, I came for dessert. You can choose your own flavour or try pretested recipes. I opted for Snowflake, Blueberry Pine and Vancouver Red Velvet ($8 each).

The Snowflake was a frozen yogurt with lychee and water chestnut. The texture was creamy with a few chunks of water chestnut. The lychee came through quite intensely. The tropical notes of lychee, mixed with tangy yogurt made for a refreshing dessert.

The Vancouver Red Velvet was chocolatey goodness with tart cranberry to add texture.

Blueberry Pine was sorbet with blueberry, pineapple and lemon zest. This was full-flavoured and delicious. The fruit made it feel healthy and the lemon zest stole the show.

It's early days and I'm curious to see how it will withstand the ravenous summer hordes.

It takes time, but to see smoke billowing out of a KitchenAid mixer is worth a wait.

ABBY WISEMAN/FOR METRO

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Living large in a tiny home

VANCOUVER TRENDING

Micro-home fans making a push to find their place

Amy Logan
For Metro | Vancouver

From a solar-powered food truck, to dreams of a tiny home community, micro-buildings are gaining traction.

With housing costs skyrocketing, and a trend toward more sustainable living, it's an idea that makes more and more sense. Still, there are several legal and bureaucratic hurdles to overcome before Vancouverites can move into pint-sized abodes.

Ribs 'N Rockets is one of the first solar-powered food trucks in Vancouver. Shannon Loeber, president and co-founder of Noons Fine Foods, came up with the concept. Despite its size, it can accommodate three workers. With an emphasis on environmental sustainability, it fits right in at Kits Beach where it was first located.

Hummingbird Micro Homes custom designs tiny homes on wheels. Perhaps its most ambitious project is Bluegrass Meadows Micro Village, a cluster of small homes in Terrace, B.C., with an average rent of $800/month.

John McFarlane founded Vancouver's Camera Buildings in 2012. The beauty and ingenuity of his designs is on display in a cleverly constructed tiny home he built for a North Vancouver resident. At less than 190 square feet, the two-level home cost under $50,000 to build.

McFarlane is working on building a tiny house pocket neighbourhood, a group of tiny houses with some shared spaces in a neighbourhood layout, he said. McFarlane attributes the popularity of tiny homes to "a move towards quality of life rather than materialism."

Mint Tiny Homes is a Vancouver-based company run by a husband and wife team. Owner Shannon Persse has noticed an increase in demand, saying tiny homes "offer freedom."

According to Coun. Andrea Reimer, the city has no policy on tiny homes. But with Vancouver refreshing housing strategy, it's being considered and staff are working on a pilot project.

While Reimer acknowledged the affordability and sustainability of mobile homes, she pointed out that when land value and construction costs are considered, this type of housing might not fit the current market.

Still, there's been recent moves to legalize tiny homes, spearheaded by the B.C. Tiny House Collective. Its Go Tiny project pushes the city to consider bylaws or zoning changes to legalize tiny homes.

McFarlane says the high land values in Vancouver makes tiny homes more contentious in the city. Nevertheless, he believes they can be a good addition to the housing mix in lower-density areas. And they make even more sense in other municipalities, like Burnaby, the North Shore and Surrey.

"What we need is strong municipal leadership to make this great option possible for the people who live here," he said.

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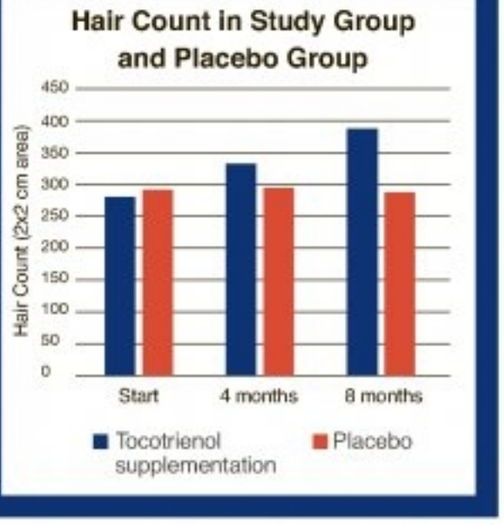
STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



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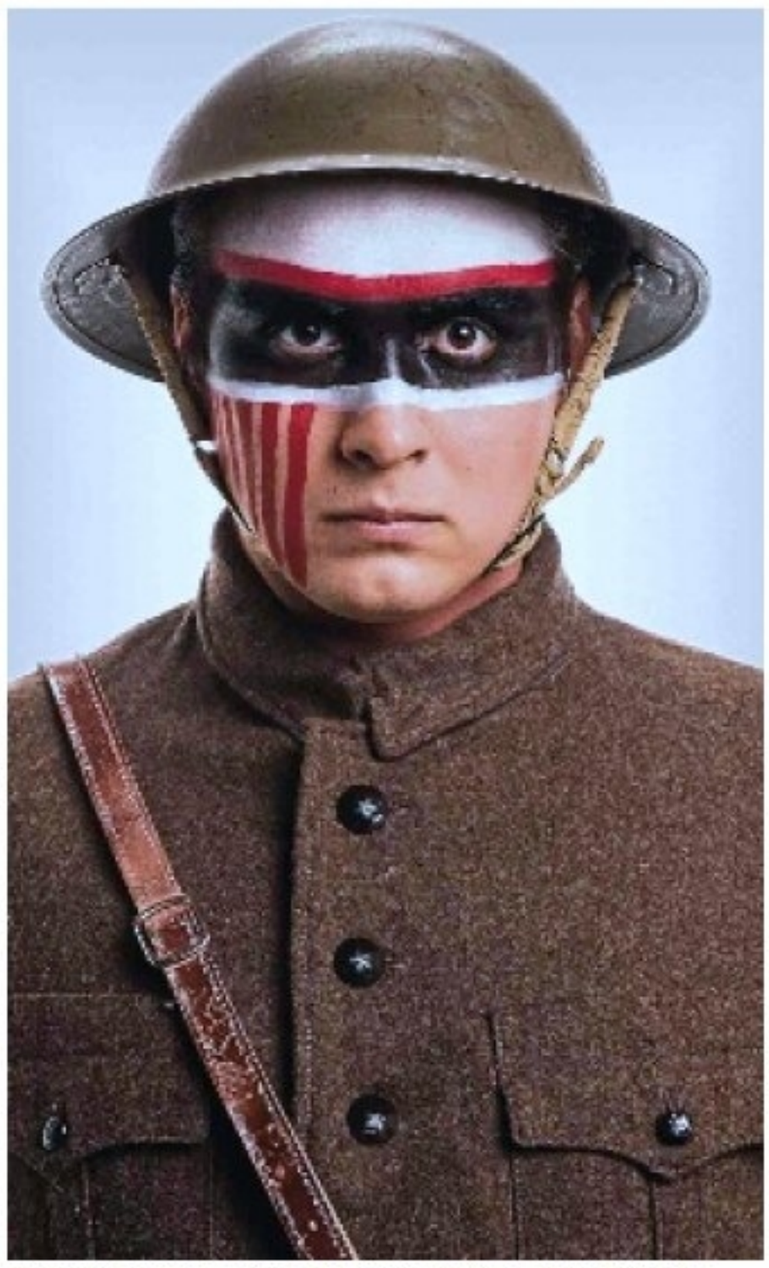
VANCOUVERING

Play honours forgotten fighters

INDIGENOUS STORIES

Coincides with 100th anniversary of battle of Vimy Ridge

Cara McKenna
For Metro



Redpatch tells the story of a young Métis soldier living in a Nuu-chah-nulth community. CONTRIBUTED

Three ceremonies being held this weekend will honour Indigenous military veterans whose sacrifices have been hidden from many history books.

The presentations will happen prior to a live production around the same topic titled Redpatch on Friday, Saturday and Sunday evening in North Vancouver.

Those three days mark the 100th anniversary of the Battle of Vimy Ridge — the landmark clash between Canadian and German troops in France during World War I.

Nyla Carpentier, the assistant director and cultural consultant for Redpatch, said several people from different cultures will honour the role of Indigenous soldiers in their own ways.

She said Squamish elder Bob Baker will present a song and a teaching, while Carpentier, who is of Tahltan and Kaska descent, plans to present poetry and a song from her communities. There will also be a bagpiper.

"It's really important to acknowledge these warriors and people who fought," said Carpentier.

"What a lot of people don't know about Indigenous soldiers is that to become soldiers they had to give up their status. They really did make the ultimate sacrifice."

Raes Calvert, the co-creator and lead actor in Redpatch, said that even though up to 4,000 Indigenous men volunteered to enlist in the First World War, they still faced racism.

"They didn't get any of the post-war benefits that settler soldiers were able to get from the government at the time," he said.

"A lot of these young men had difficulties returning to their own communities because their communities felt they had betrayed them in a way."

Redpatch tells the story of a young Métis soldier living in a Nuu-chah-nulth community, played by Calvert and inspired by his grandfather, who endures discrimination after volunteering to fight in the First World War. The entire cast — even European characters — are Indigenous in an effort to flip the pattern of Indigenous characters being played by white actors. Some of the male characters are also acted by women.

Calvert spent 4-1/2 years with co-creator Sean Oliver researching and writing the historical drama — an effort that included travel to remote Nuu-chah-nulth territory and 13 drafts of the script.

Calvert is Métis and his grandfather was a Canadian soldier in the Second World War, though he only began learning about some of the sacrifices made by Indigenous veterans in 2011 when the subject was touched on in a play that Oliver acted in.

"I was thinking, I'd be interested to know more about the Aboriginal soldiers who fought in the First World War, because it's not in any of the history books I read in school," he said.

"We started to do some research and unearthed some of this history. Not only did they fight, but they were of the utmost importance to some of the victories that Canada had."

Carpentier, who also has relatives who fought in wars, said she feels the production has power because those involved are bringing ancestors into the room when they're sharing the story.

"It's really important to honour the past and bring that awareness into the present and that way we can carry our lives on in a good way in the future, so we don't have to repeat these battles, hopefully," she said.

Redpatch will be at Presentation House in North Vancouver until April 9, and will then move to Studio 16 in Vancouver until April 16.

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Dogs a baby's best friend: Research

HEALTH

Pet exposure might help vs. future allergies and obesity

A family dog may be a baby's best friend for avoiding allergies and becoming obese later in life, a new study suggests.

Research at the University of Alberta shows infants from families with furry pets, especially dogs, showed higher levels of two types of gut microbes associated with lower risks of obesity and allergic disease.

"The abundance of these bacteria were increased twofold when there was a pet in the house," said Anita Kozyrskyj, a pediatric epidemiologist who is one of the world's leading researchers on gut microbes.

The findings of her research team were published Thursday in the journal Microbiome.

The study theory suggests that babies exposed to dirt and bacteria from a pet's fur or paws can create early immunity. The exposure can happen from pet-to-mother-to-unborn baby as well as during the first three months of the infant's life.

"This interaction is required for a baby's immune system to develop," she said.

"The microbes are training the immune system to react to harmful entities like pathogenic microbes and not react to beneficial microbes and food nutrients."

Kozyrskyj said the findings build on the work of earlier research that found that children who grow up with dogs have lower rates of asthma.

Higher levels of one of the microbes are associated with leanness and protect against obesity. THE CANADIAN PRESS

BY THE NUMBERS FURRY FINDINGS

746
The research involved 746 infants from the Canadian Healthy Infant Longitudinal Development Study whose mothers were enrolled during pregnancy between 2009-12.

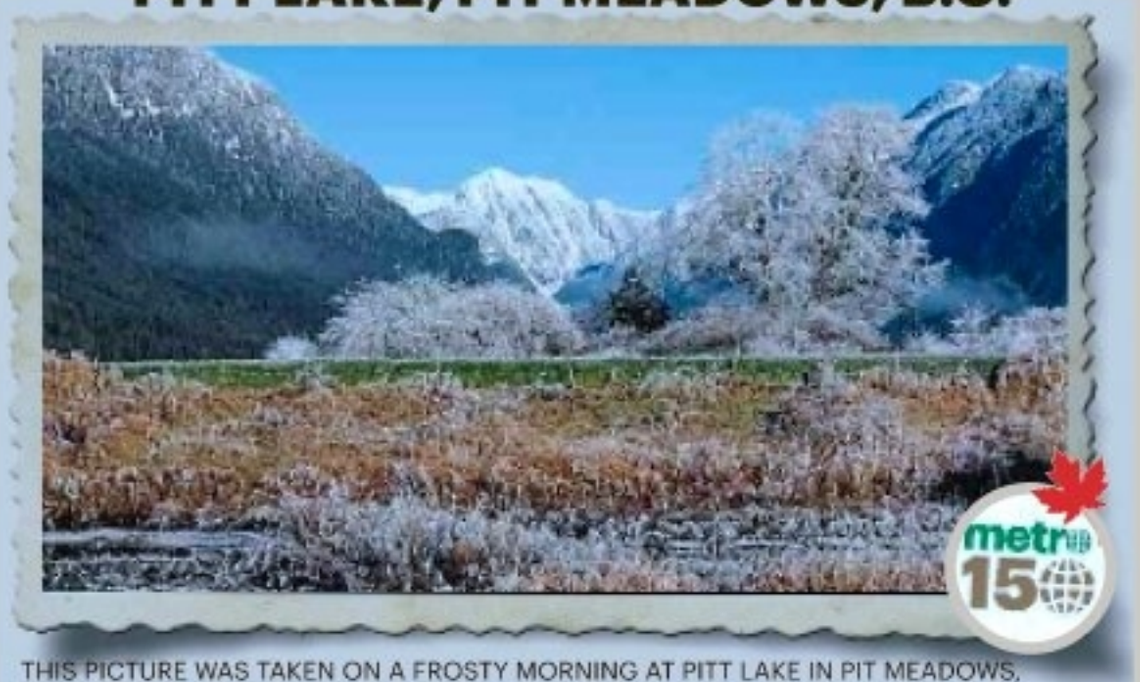
70%
The research said 70 per cent of the families involved in the study had dogs. Others had cats or other furry pets.

50%+
Over half of the study's infants were exposed to at least one furry pet.

150 WAYS of looking at Canada

POSTCARD NO. 66

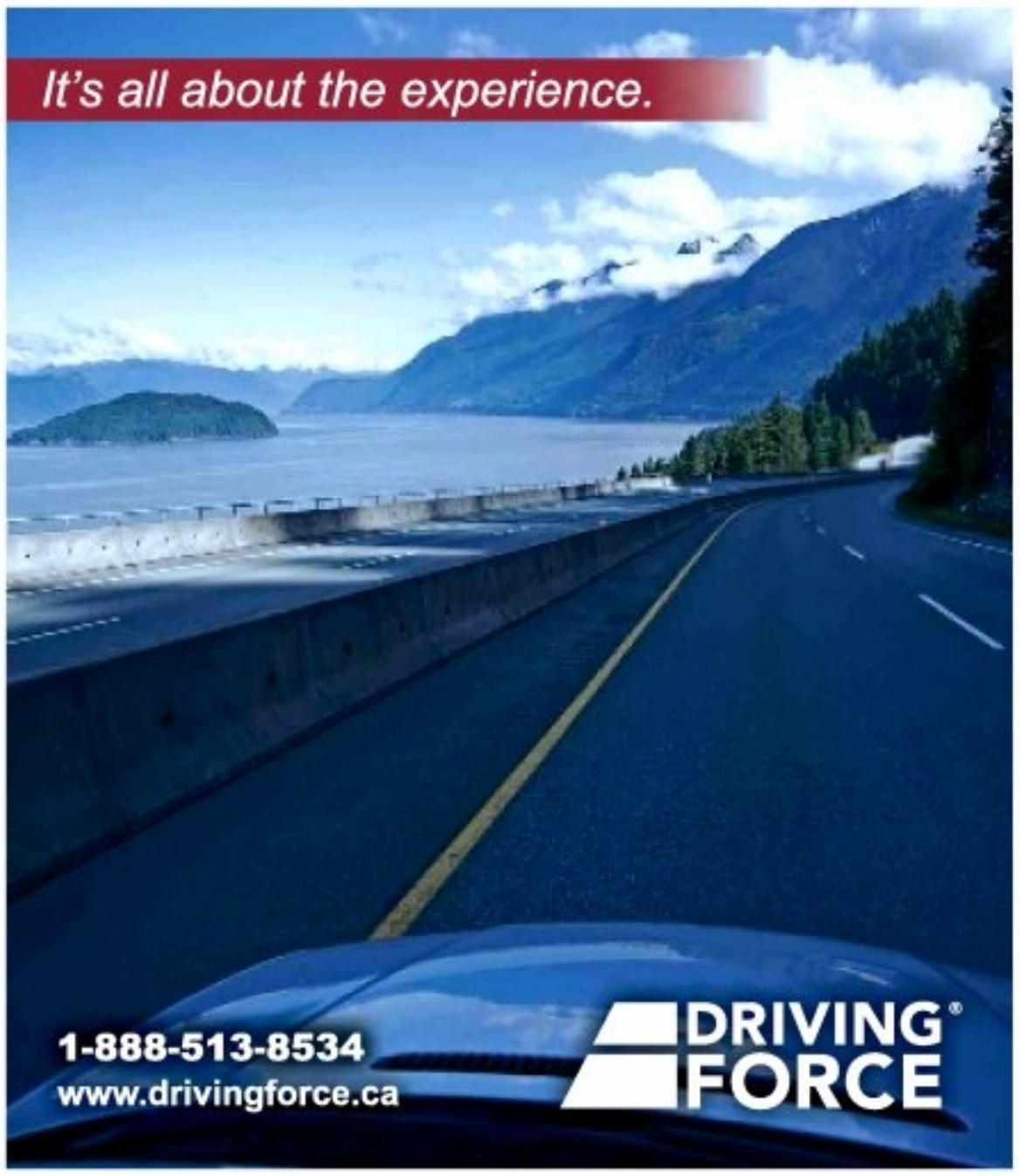
PITT LAKE, PIT MEADOWS, B.C.



THIS PICTURE WAS TAKEN ON A FROSTY MORNING AT PITT LAKE IN PIT MEADOWS, B.C. PITT LAKE IS ONE OF A FEW TIDAL LAKES IN THE WORLD, WHICH MAKES IT A POINT OF INTEREST FOR BIOLOGICAL DIVERSITY. MANY BIRD SPECIES ABOUND IN THE SURROUNDING MARSHLAND MAKING IT A PERFECT PLACE TO LAUNCH A BOAT OR SIMPLY STROLL ALONG THE MANY KILOMETRES OF DIKES. **DAVID NOGA**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.



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Give the snoops the slip

How to protect your cellphone data on Parliament Hill

Ryan Tumilty
Metro | Ottawa

Parliament Hill and other downtown areas have been the target of cellphone tracking technology. CONTRIBUTED

News Parliament Hill and other downtown areas have been the target of cellphone tracking technology should encourage people to use encrypted apps to keep their private information private, experts say.

The CBC reported this week the discovery of three IMSI catcher devices operating in the downtown area. The machines could potentially be used to intercept phone calls and texts.

The devices mimic cellphone towers and essentially fool mobile phones into connecting to them. Nathan Freitas, is the director of the Guardian Project, an initiative that offers open-source tools to protect privacy. He's also a fellow at the Berkman Center for Internet & Society at Harvard University. He said the catchers are fairly easy to acquire and can be used to listen to calls, read texts and implant malware on mobile phones.

"For $2,000 anyone can get a laptop-sized device that is a cell tower that will operate as an actual cell tower," he said.

Public Safety Minister Ralph Goodale said this week that the RCMP and CSIS confirmed to him that they were not using the devices. He said the agencies are now investigating.

Freitas suggested that those who want to keep what's on their cellphones away from prying eyes and ears should consider using encrypted messaging apps like Signal and the most recent version of WhatsApp, which he himself uses even for routine communications with his wife.

"Everything we say, whether it's shopping for milk or organizing date night, is encrypted," Freitas said. "It's not about spycraft and secrecy, it's about making sure the conversation you and I are having is between you and I."

> It's not about spycraft and secrecy, it's about making sure the conversation you and I are having is between you and I.
> **Nathan Freitas**

He said that, just as information on the internet became more secure over time, the security of mobile communications must tighten up.

"There was a time on the internet when we only encrypted credit cards, and now we encrypt everything," he said. "We need to do that for mobile phones as well."

The government has not issued any specific warnings or instructions to Hill staff, but Scott Bardsley, Goodale's press secretary, said confidential or secret information is not shared over phones.

"It's been publicly known before this incident that cellphones are not secure."

SENATE

Beyak says her removal 'a threat' to free speech

Sen. Lynn Beyak says her removal from the Senate's committee for indigenous people is "a threat to freedom of speech," and claims she is supported by a "silent majority" of Canadians.

Lynn Beyak

The Conservative party leadership booted Beyak from the Senate Committee of Aboriginal Peoples on Wednesday, stating that her controversial speech last month about an "abundance of good" in the country's widely maligned residential school system doesn't jibe with the Tory position.

In a statement Thursday, Beyak bemoaned how it is becoming "difficult" to have a "balanced, truthful discussion" about all issues in Canada.

"Political correctness is stifling opinion and thoughtful conversation that we must be allowed to have if we are to truly improve our great country," the statement said.

"Too often, on a broad range of issues, a vocal minority cries foul and offence whenever a point of view is raised that does not align with their own."

Meanwhile, in the foyer of the House of Commons, New Democrat MPs denounced Beyak's latest statement. Romeo Saganash, a Cree MP from Quebec who attended residential school, repeated his call for her to resign her Senate seat.

"Any person that celebrates genocide, because this was genocide, has no place either in Parliament of the Senate," he said. "Removing her from the committee is not enough. She needs to resign, and the sooner the better." TORSTAR NEWS SERVICE

ALBERTA

Damage to irreplaceable ice cores a 'nightmare'

Alex Boyd
Metro | Edmonton

When glaciologist Martin Sharp walked into one of the freezers custom-built for the world's largest collection of Canadian ice cores, it felt like a steam room.

"I think every ice core facility on the planet has the same nightmare — that something like this will happen," he said in an interview Thursday.

Due to what university officials are calling a "freezer failure," the temperature inside the facility rocketed into the 40s on Sunday, up from the -30C or so required to keep the ancient ice cores frozen, Sharp said.

Now 12.8 per cent of the cores — some of which can't be replaced — have been damaged, less than three months after the University of Alberta took possession of the national collection.

"For this to happen so soon after we moved the ice in, it's a total shock," said Sharp, who is also a professor in the department of Earth and Atmospheric Sciences.

Ice cores are some of the best records scientists have of ancient climates, and Sharp said the "major hit" was to some of the oldest cores.

The damage includes 15 metres of a sample drilled from Mount Logan, which represented 16,000 years of time. Another core taken from the Penny Ice cap included ice that would have been part of a large ice sheet covering North America 22,000 years ago.

Still, he said it could have been much worse.

Most of the cores were supposed to be in the freezer that failed, but a visiting TV crew asked they be moved into another one that had better light for filming.

"Just because of the photography we changed the plan at the last minute, and that saved it," Sharp said.

Sharp said that he feels "sick" for the team that designed and built the freezers, as they took the job seriously.

In a statement, Vice-President of Facilities and Operations Andrew Sharman said "the loss of any ice core sample is deeply disappointing to the University of Alberta and to our research teams, who plan to use this ice to answer important questions about climate change and our planet's history."

He said the affected freezer has been restored, an investigation is ongoing, and they're working to insure the issue doesn't happen again.

President Donald Trump speaks at Mar-a-Lago in Palm Beach, Florida, on Thursday, after the U.S. fired a barrage of cruise missiles into Syria Thursday night in retaliation for this week's gruesome chemical weapons attack against civilians. ALEX BRANDON/ASSOCIATED PRESS

U.S. blasts Syria base with missiles

MILITARY

Assad condemns attack as an act of 'aggression'

The United States blasted a Syrian air base with a barrage of cruise missiles Thursday night in fiery retaliation for this week's gruesome chemical weapons attack against civilians. President Donald Trump cast the U.S. assault as vital to deter future use of poison gas and called on other nations to join in seeking "to end the slaughter and bloodshed in Syria."

It was the first direct American assault on the Syrian government and Trump's most dramatic military order since becoming president just over two months ago. The strikes also risk thrusting the U.S. deeper into an intractable conflict that his predecessor spent years trying to avoid.

Announcing the assault from his Florida resort, Trump said there was no doubt Syrian President Bashar Assad was responsible for the chemical attack, which he said employed banned gases and killed dozens.

"Assad choked out the lives of helpless men, women and children," Trumped declared.

The U.S. strikes — some 59 missiles launched from the USS Ross and USS Porter — hit the government-controlled Shayrat air base in central Syria, where U.S. officials say the Syrian military planes that dropped the chemicals had taken off. The U.S. missiles hit at 8:45 p.m. in Washington, 3:45 Friday morning in Syria. The missiles targeted the base's airstrips, hangars, control tower and ammunition areas, officials said.

Trump approved the strikes without approval from Congress or the backing of the United Nations. The White House said about two dozen lawmakers from both parties were briefed on the actions.

> I think what happened in Syria is one of the truly egregious crimes and shouldn't have happened and it shouldn't be allowed to happen.
> **U.S. President Donald Trump**

Syrian state TV reported a U.S. missile attack on a number of military targets and called the attack an "aggression."

The U.S. assault marked a striking reversal for Trump, who warned as a candidate against the U.S. being pulled into the Syrian civil war that began six years ago. But the president appeared moved by the photos of children killed in the chemical attack, calling it a "disgrace to humanity" that crossed "a lot of lines."

U.S. officials placed some of the blame on Russia, one of Syria's most important benefactors. Secretary of State Rex Tillerson, in Florida with Trump, said Moscow had failed in living up to a 2013 agreement that was intended to strip Syria of its chemical weapons stockpiles.

"Either Russia has been complicit or Russia has been simply incompetent in its ability to deliver on its end of the agreement," Tillerson said.

About 60 U.S. Tomahawk missiles, fired from warships in the Mediterranean Sea, targeted an air base in retaliation for the attack that America believes Syrian government aircraft launched with the nerve agent sarin mixed with chlorine gas. The president did not announce the attacks in advance, though he and other national security officials ratcheted up their warnings to the Syrian government throughout the day Thursday.

The strike came as Trump was hosting Xi in meetings focused in part on another pressing U.S. security dilemma: North Korea's nuclear program. Trump's actions in Syria could signal to China that the new president isn't afraid of unilateral military steps, even if key nations like China are standing in the way.

"This clearly indicates the president is willing to take decisive action when called for," Tillerson said.

THE ASSOCIATED PRESS

That Pepsi ad doesn't work well in real life

Andrew Fifield
Metro | Toronto

Kendall Jenner's rightly and mercilessly mocked Pepsi ad was taken for a real-life spin this week, and it did not go well at all.

A man who identified himself as Carlos Enriquez appeared before city council in Portland, Mass. Wednesday to comment on the protests over treatment of the homeless and the fatal police shooting of 17-year-old Quanice Derrick Hayes.

"I'm a former journalist for the Boston Herald," the man said, a claim the Boston Herald has denied. "I'm very surprised at how there's so many people who show up to city council and get angry at you and yell at you," he continued. Mayor Ted Wheeler cut him off insisting that his comments must be about a towing ordinance currently before council. But the man stood up and approached the mayor while reaching inside his jacket.

"What I realized is that the language of resistance has not been properly translated to you, so this is for you," he said before pulling out a can of Pepsi to offer the council members, who appeared visibly shaken.

"Whoa, whoa, not a good move. Not a smart move," Wheeler said as he accepted the can.

A man who identified himself as Carlos Henriquez speaks to city council in Portland, Mass. CONTRIBUTED

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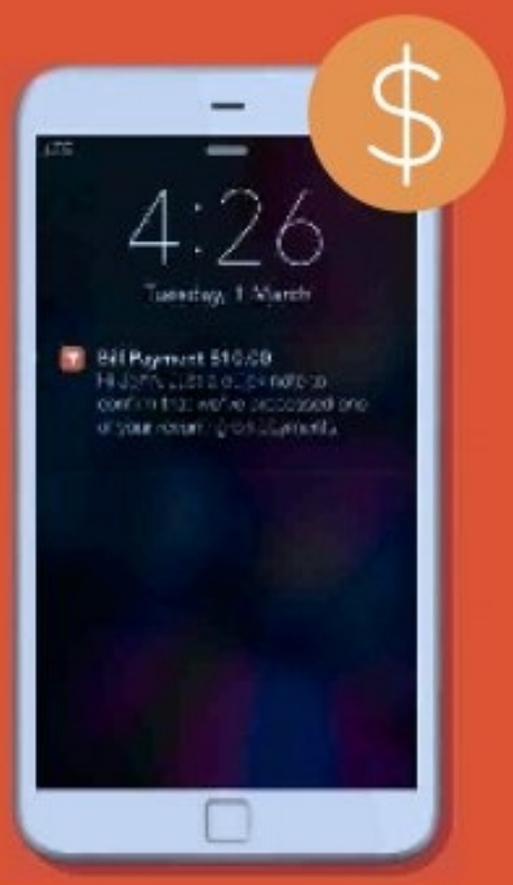

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Donald Trump Jr., Ivanka Trump and Eric Trump, are seen in support of their father Donald Trump during the campaign. GETTY IMAGES

Trump's many tentacles

When he was elected president, we all knew his adult children were part of the deal

ROSEMARY WESTWOOD
From the U.S.

When Donald Trump moved to the White House, everyone understood the entire adult Trump clan was moving in, too. The Trumps are conjoined like an octopus, with a patriarchal head and a slew of second-generation tentacles, the entire beast of which is pathologically hungry for money.

It was quaint of Trump, before he took office, to offer up a theatrical presentation of piles of papers and folders to convince Americans and the world that Trump's entire business would be legally excised from him during his presidency.

It was quaint, too, of Ivanka Trump to claim that, after modelling her entire life after her father's predilections and the enlargement of the Trump brand, she'd keep out of his business just as that business became taking on the most powerful position in the world. We knew both were lying, the way we know the sun will come up tomorrow. But now there's proof.

ProPublica revealed this week that Trump's trust documents have been amended to allow him to withdraw money from his businesses any time he likes, with no need to tell anyone. Trump's lawyer responded that Trump has never not been allowed to withdraw money, even though that stipulation was left out of a version of the trust widely scrutinized in late January. The full details of the trust are contained in a document that won't be released, ProPublica reported.

Oversight of Trump's finances, and therefore his conflicts of interest, remains paltry, given that he still hasn't released his tax returns. His bet that enough people wouldn't care whether he's seeking to enrich himself as president seems to continue to pay off, if only partly because the administration is engulfed in so many simultaneous controversies that this most basic one — who is he really working for? — has been obscured.

Ivanka, meanwhile, has decided to become an unpaid employee in the West Wing, an "assistant to the president," with an office and an amorphous goal to influence her father's agenda on "women's empowerment" (as she told CBS). She's going to exert her special powers on an administration hell-bent on destroying the planet, defunding Planned Parenthood, gutting health care, and, simultaneously, making the Trumps richer.

"If being complicit is wanting to be a force for good and to make a positive impact, then I'm complicit," she said, before admitting: "I don't know what it means to be complicit."

Quite. But complicit might as well be the name of our Trumpian octopus. Or, perhaps, nepotism. As Eric Trump pointed out helpfully this week, nepotism is a "factor of life." For evidence, see son-in-law Jared Kushner, "senior advisor to the president," whose foreign diplomacy efforts have sent him to Iraq and saddled him with a Middle East peace deal. Meanwhile, Trump's sons are busy expanding the hotel business domestically and abroad, for which U.S. taxpayers are forking over millions of dollars in secret service detail costs. When you get the one, you get them all.

DIPLOMACY

High stakes as Chinese president arrives

President Donald Trump welcomed Chinese President Xi Jinping to his Florida estate Thursday for a high-stakes summit, with the urgent threat of North Korea's nuclear ambitions and tensions over trade on the agenda for the first in-person meeting between the leaders of the world's two largest economies.

Xi and his wife were greeted by the president and first lady Melania Trump at the Mar-a-Lago estate before making their way to dinner. The White House said the location was selected to give the two days of discussions a more relaxed feel, but the meeting kicked off amid suggestions the Trump administration was considering military action against Syria as it deliberated on how to respond to a chemical attack.

Still, Trump appeared lighthearted as he greeted Xi, gesturing and pointing to journalists as they tussled to get a shot of the two leaders together for the first time. Speaking to reporters on Air Force One on his way to the summit, Trump said he thinks China will "want to be stepping up" in trying to deter North Korea's nuclear ambitions.

While Trump would not say what he wants China to do specifically, he suggested there was a link between "terrible" trade agreements the U.S. has made with China and Pyongyang's provocations.

The president has said that if China doesn't exert more pressure on North Korea, the U.S. will act alone.

THE ASSOCIATED PRESS

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+ $395 taxes & fees

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POLITICS

Trudeau, cabinet praise Brian Mulroney

Prime Minister Justin Trudeau and his cabinet praised former prime minister Brian Mulroney for giving them useful advice during a closed-door meeting Thursday on the upcoming renegotiation of the North American Free Trade Agreement.

It was part of an unprecedented display of non-partisan co-operation, a healing of old political wounds and unity in the name of managing a new, wildly unpredictable U.S. presidency.

Trudeau was not at the meeting of his cabinet committee on Canada-U.S. relations; he was in New York City for a women's leadership summit. His ministers, however, said Mulroney made a valuable contribution.

Trudeau told reporters he had found Mulroney "thoughtful and helpful" in connecting with the Trump administration.

"I think it's really a credit to all Canadians that we've been so able to put aside partisanship on an issue that goes beyond political parties and goes to the fundamental success of our economy," Trudeau said. "Working well with the United States is not a partisan issue; it's one that we can all align on."

Transport Minister Marc Garneau, who chairs the cabinet committee, said: "We welcomed Mr. Mulroney this morning and certainly we benefited from his insights."

Mulroney's government fought and won an election on the first Canada-U.S. free trade deal in 1988, which became the precursor of the current NAFTA deal when Mexico was brought on board.

The 79-year-old former prime minister, a personal friend of Donald Trump, has been helping Justin Trudeau's government navigate the new U.S. administration, setting aside a bitter antipathy for his father, Pierre Trudeau, in the process.

THE CANADIAN PRESS

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Facebook is taking what it calls a "first step" toward helping Canadians tell the difference between fake news and the real thing online. GETTY IMAGES

Tackling 'fake news'

SOCIAL MEDIA

Facebook launches new education tool for users

Facebook is taking what it calls a "first step" toward helping Canadians tell the difference between fake news and the real thing online.

As of Friday, the social media giant will post a banner on the top of news feeds in Canada and 14 other countries that directs subscribers to a tip sheet that it hopes will educate users so they can decipher what is, or isn't, false or misleading information.

"It's the first time we're doing something of this magnitude," said Kevin Chan, head of public policy at Facebook.

> **It's the first time we're doing something of this magnitude.**
> Kevin Chan

The banner, to be posted "for a few days," is effectively a public service announcement to the media company's 22 million Canadian subscribers that encourages them to click a link to a 10-point "tip sheet" on how to spot scam information.

The top suggestion: "Be skeptical of headlines." Facebook points out that false news stories often carry catchy headlines, sometimes in all caps.

"If shocking claims in the headline sound unbelievable, they probably are," reads the tip sheet.

The project is the result of a collaboration with media literacy agency MediaSmarts to help Canadians filter their news feeds for fake content, a phenomenon that became a growing concern during and after the 2016 U.S. presidential election campaign.

Facebook says it's still too soon to attach warning labels on so-called "disputed" news stories, like those already being offered to users in the United States, France and the Netherlands.

Facebook users in those countries can flag news stories for false or misleading content by clicking on a grey downward arrow on the right side of an article.

The tips being offered to Canadian Facebook users were inspired by a recent research project carried out by MediaSmarts, in which young people were asked what kind of strategies they use to authenticate information they find.

"We found that (young people) were quite likely to try and figure out whether something was legitimate or not when they were doing school work," said Matthew Johnson, the director of education at MediaSmarts, a not-for-profit with a self-prescribed mandate of educating young people about digital media.

The partnership comes as social media services face increased pressure to govern content that's shared online. THE CANADIAN PRESS

IN BRIEF

Postmedia warns of more cost-cutting measures

After recent rounds of mass layoffs, Postmedia is warning that it still needs to cut costs after revenue plummeted by 13.5 per cent in its latest quarter.

The company, one of Canada's largest in the news media industry, has been unable to shake declines in print advertising and circulation revenue that have taken bite after bite from its bottom line.

THE CANADIAN PRESS

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Warts, scars, and wrinkles, oh my! A study in the Journal of the American Medical Association has identified common facial features of movie villains

DECODED by Genna Buck and Andrés Plana

ENERGY, FOR EVERYONE, FOREVER

Humans love heat. Humans love light. And clearly, the sun isn't enough for us. So what if we could just make another one — a miniature version of the star that powers all the life on Earth? It sounds crazy. But it's not science fiction. It's called the **International Thermonuclear Experimental Reactor (ITER)**, and it just might hold the cure for our energy woes.

THE PROJECT

ITER is under construction in the south of France. Once completed, optimistically around 2035, it will have two purposes: scientific research and acting as a test-run for the electricity plant of the future — fusion reactors.

Estimated price tag: **$20 billion US**; the most expensive scientific instrument ever made. 35 countries are pitching in to the project, which has been plagued by budget problems and delays since its inception in the 1980s.

THE CHEMISTRY

The sun is powered by nuclear fusion: two hydrogen atoms fusing into one helium atom. ITER would replicate the same reaction.

First a powerful electric current heats hydrogen gas, transforming it into plasma.

Cranked up to an out-of-this-world temperature of **150,000,000 C,** the plasma churns around fast enough that it's possible for two hydrogen ions, which would normally repel each other like mismatched magnets, to crash into one another and stick.

This produces one atom of **helium** and one neutral particle called a **neutron**, as well as a whole lot of energy in the form of heat.

The goal for the future would be an unplugged, self-sustaining version of the reactor. The only input needed would be the hydrogen fuel, in two different forms: deuterium (plentiful in seawater) and tritium (scarce but can be made from lithium, an abundant metal).

THE MACHINE

The ITER fusion reactor is called a **tokamak**. The actual reaction will take place within plasma that is suspended in the air in a donut shape by enormous, negatively-charged magnets. These would keep the negatively-charged helium ions inside, but allow the super-hot neutrons to escape through the machine's walls into water-filled cooling towers. In future fusion plants, this heated water will be used to power turbines and alternators, generating electricity the same way a coal plant does. Except fusion produces **four million times more energy than coal.**

CITIZEN SCIENTIST by Genna Buck

ENOUGH with the vaccination conversation

Why are measles and mumps back in Ontario? - Dean, Toronto

Much as I like to blame anti-vaxxers, sometimes these things just happen. Mumps was never eliminated in Canada, just drastically reduced. Measles was eradicated here in 1998, so all outbreaks since have started with a case from elsewhere. The Toronto case came from India.

And when measles arrives, no matter how well-vaccinated we are, a few people might get infected locally. The average measles patient exposes 12 to 18 other people, and there's always a chance one of them will be among the few who can't be vaccinated, or for whom the vaccine didn't work.

But that doesn't explain 137 measles cases in Canada in early 2015. Or 776 in Quebec in 2011. That's outrageous. It happened because we're under-vaccinated.

Again: Not entirely anti-vaxxers' fault. There's a vulnerable group of Canadian adults who never got a needed MMR booster because they were vaccinated when only one dose was recommended. Some people's shots are out of date or incomplete because of frequent moves or poor record-keeping or laziness.

If we prioritize it as a community, we can reach people who aren't fully vaccinated. But I don't know what to do about people who *won't* get vaccinated.

It's not 1998 anymore. How many more public health campaigns do you need? Exactly zero anti-vax talking points hold up to scientific scrutiny. Even worse, research shows explaining to anti-vaxxers why they're wrong tends to make them dig in their heels and listen to reason even less.

Underlying much anti-vaccine rhetoric is the idea that some vaccine-preventable diseases aren't serious (they are), or that getting them somehow builds character. That's not just incorrect, it's evil. Seriously, tell it to the 17 Romanian kids who've died of measles in the past year. Oh wait, you can't. They're dead.

Science Question?
citizenscientist@metronews.ca

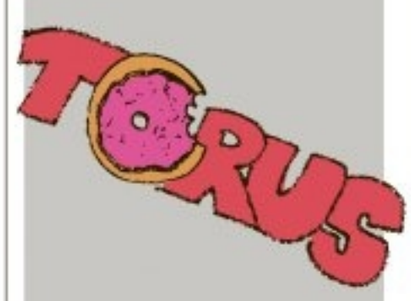
FINDINGS
Your week in science

NOCERA LAB

LEAF BOT
A Harvard-designed "bionic leaf" can both do photosynthesis — absorbing sunlight and carbon dioxide to make fuel — and work with soil bacteria to make its own fertilizer. The result? Significantly larger radishes.

T. REX UNMASKED
A study of an exceptionally good fossil has revealed what the Daspletosaurus horneri, a close relative of the Tyrannosaurus rex, likely looked like up close. Her face was covered in crocodile-like scales, she had a small, fingernail-like horn above each eye, and she lacked lips.

SOUND SMART



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Smurfette faces existential crisis

IN FOCUS

This may be the most adult plotline in Smurf history

Richard Crouse
For Metro Canada

Voiced by Demi Lovato, Smurfette ponders her place in the world in Smurfs: The Lost Village. The new movie is the first time other female Smurfs are introduced.
CONTRIBUTED

The all-animated Smurfs: The Lost Village aims to reintroduce the little blue creatures of Smurf Village to a new generation. It's the first time more than one female Smurf exists in the community.

Featuring the voices of Demi Lovato, Joe Manganiello and Michelle Rodriguez, it trades on its inherent cute factor and nostalgia for much of its appeal. There are some good messages for kids woven in and the animation is relentlessly adorable but is there anything here for anyone over the age of five?

In what may be the most adult plotline in Smurf history, it's a hero's journey, a character's search for purpose. It's Joseph Conrad via Smurf Village. Smurfette's Heart of Darkness.

As voiced by Lovato, Smurfette ponders her place in the world. All the other perky pint-sized blue creatures have descriptive names — Clumsy Smurf (Jack McBrayer), Jokey Smurf (Gabriel Iglasias) and Baker Smurf (Gordon Ramsey) — but what exactly, she wonders, is 'ette' supposed to mean?

Smurf aficionados will know she is the only female Smurf, created by wizard Gargamel to sow the seeds of jealousy in Smurf Village. With the help of Papa Smurf she became a beacon of sweetness-and-light and the love interest of Smurfs everywhere.

That's quite a backstory and her quest for purpose is certainly noble, even if her beginnings weren't. The character was first introduced in Franco-Belgian comics magazine Spirou in 1966 as a marketing tool. According to writer Hal Erickson the comely Smurfette was created as a means to "bow to merchandising dictates" and "appeal to little girl toy consumers."

It worked and in the decades that followed Smurfette became the most sought after toy from Smurf Village.

The Smurfs are big business, in addition to this weekend's big screen animated feature, the "three apples tall" characters have been translated into 30 languages (en français: Les Schtroumpfs, in Dutch: De Smurfen) to create an estimated worth of $4 billion, but not all Smurf related marketing has been successful.

Remember Smurf-Berry Crunch? At the height of 1980s Smurf mania Post Cereal released a sugary breakfast cereal they claimed tasted, "like crunchy Smurf Berries… In berry red and Smurfy blue." To ensure the Smurfiest experience possible Post added little blue corn puff berries laden with food colouring to the mix.

Unfortunately the blue additives weren't easily digestible by the body, leading alarmed parents to report cases of blue and strange coloured poop after breakfast time. According to poopreport.com, "when metabolized in sufficient quantity, the blue dye combines with bile," to form a rainbow effect at potty time. The problem was fixed with the release of Smurf Magic Berries, which contained smurfberries made of yellow corn puffs and marshmallows.

For Jack Black Smurf-Berry Crunch also brings back some bad memories. The Kung Fu Panda actor remembers his second professional gig, a breakfast food commercial. "Being in a Smurf-Berry Crunch cereal ad and being pulled along in a red wagon…?" he says, too humiliated to finish the sentence. "My stock plummeted at school."

I was a bit too cynical to buy into the North American Smurf craze of the 1980s — they were so popular one writer called them "kiddie cocaine" — but now in 2017 I see them as something other than an hour-and-a-half advertisement for Smurfs Are Us.

The new incarnation is a sweet kids movie designed for little ones but with just enough grown-up material to keep parents interested.

MOVIE RATINGS by Richard Crouse

Smurfs: The Lost Village ★★★	HOW RATING WORKS
Going in Style ★★★	★★★★ SEE IT
Song to Song ★	★★★ WORTHWHILE
Giants of Africa ★★★★	★★ UP TO YOU
	★ SKIP IT

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For Metro Canada

Wrestling with the brave new women's world

Chokeslam is first into the ring as female side of the sport finds a new, modern moment in the spotlight

Amanda Crew as Sheena DeWilde in Chokeslam, which debuted at October's Calgary International Film Festival. CONTRIBUTED

Female pro-wrestling has come a long way since it was a gimmicky '90s novelty that featured women in bikinis whacking each other in pillow-fight matches.

With a recent metamorphosis in philosophy and intent, the sport has been improving the image of female wrestling with less-sexualized stunts and higher profiles. Now, it's even getting a modern makeover in pop culture.

In February, Dwayne Johnson announced he's producing a biopic about WWE superstar Paige while Orange Is New Black creator Jenji Kohan debuts a hotly-anticipated women wrestling Netflix series called Glow in June.

First however, the comedy Chokeslam is about to enter the ring, hitting theatres across Canada this weekend as it gets its wide release.

"Something so mainstream like a movie is huge because it's going to put eyes on an industry that a lot of people didn't know about," said B.C.-born pro-wrestler Chelsea Green, who plays a small role in the film. "It's awesome to see everybody start to turn and become women wrestling fans rather than see women as kind of side pieces."

In Chokeslam, helmed by Calgary director Robert Cuffley, female wrestling certainly isn't treated as a "side piece."

The story is about a waning wrestling star (played by Amanda Crew) reuniting with an unlikely high school sweetheart. The film doesn't just paint the pugilist in a positive light, it aims to dodge the gimmickry that has previously saddled the female fight game.

"They did a good job when they wrote the character of not doing that," admitted Crew. Not a lifelong wrestling fan herself, the 30-year-old star of HBO's Silicon Valley researched the role and uncovered that life beyond the mat deserves a respect equal to any vocation.

"The wrestling industry is not a cushy experience," said Crew, who also had WWE icon Mick Foley (another pro playing a smaller role), to lean on for real-life insight into the sport. "It reminds me a lot of acting careers — just keep your eye on the prize. It's a lot of grind with not a lot of payback but you do it because you love it."

> **"It reminds me a lot of acting careers — just keep your eye on the prize. It's a lot of grind with not a lot of payback.**
> Amanda Crew

Crew also discovered training for the sport was a "transformative experience." Contrary to many stereotypes, wrestling is slowly becoming recognized as an empowering role for women — even in spite of the skimpy costumes.

"By the time I was in that ring in that outfit, I was surprised at how I wasn't insecure at all," admitted Crew, who spent many hours training for the movie which was shot in Lumsden and Regina, Sask. in late 2015.

"I was proud of myself, proud of my body, of what I could do and I felt the most empowered I've ever felt."

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7 reasons to listen to S-Town

The twisty-turny podcast from the producers of Serial that's hard to define

S-Town, the new blockbuster podcast from the team behind Serial, begins with the spectre of murder. From the first twang of main subject John B. McLemore's Alabama accent — "Some'ns happ'ned!" — the listener might be inclined to dub S-Town a kind of Serial: Deep South.

The podcast, narrated by longtime This American Life producer Brian Reed, was inspired by an email sent by ancient-clock restorer John B. McLemore from Woodstock, Alabama. Woodstock is an unassuming small town outside of Birmingham in Bibb County, but McLemore prefers to call it "S–t Town," hence the podcast title.

Here are seven reasons to listen to the new seven-part podcast, which has already been downloaded more than 16 million times since March 28, faster than any podcast ever.

1. John B. McLemore's brilliant rants

"I've about had enough of S–t Town and the things that goes on," he tells Reed in episode one. And he's just getting started. Much of S-Town is made up of phone calls where McLemore goes off on fascinating tangents about climate change, Darfur, acid reflux, Facebook and his S–t Town.

2. To gape at the crudeness of Trump's America

McLemore writes to Reed to decry murder, child molestation and police corruption in Woodstock and requesting the investigative rigour of the This American Life team. When Reed visits the backroom of a local tattoo parlour to investigate a murder, the town's prejudice is as enlightening as it is disturbing.

S-Town is hosted by Brian Reed (inset with headphones), who's normally This American Life's senior producer. He's been working on this story for more than three years. INSTAGRAM

3. You'll learn more than you thought you wanted to about horology

That's the study of time and clock-making — McLemore's trade. The podcast opens with a description of a horologist's mazelike task of fixing a broken ancient clock. The intricate machines become a metaphor for life through McLemore's eyes. At one point, he quotes from a sundial inscription: "Life is tedious and brief."

4. You'd spend time on John B.'s property too

When Reed makes his way to S–t Town and gets to know McLemore, he learns the man is in his late forties and lives with his elderly mother on a 128-acre property, where he takes in stray dogs and prunes an elaborate hedge maze, when he's not fixing clocks or obsessively researching climate change. After finishing S-Town, you'll want to give the maze a go.

5. It's a murder mystery

McLemore heard that a kid ended up dead in a fight and someone's been going around Woodstock bragging about the murder. That's just the spark that sets off the greater story that's difficult to define and becomes much more than a southern whodunit.

6. It's a treasure hunt

When a central character brags of being "unbanked," you'll wonder if you should start converting all your assets into gold and wrap it up in a towel in the freezer before cutting out the gold-diggers in your life.

7. S-Town is not what you think it is

It's not really a true-crime podcast, though it mimics much of Serial's twisty-turny structure. But it's still a riveting investigation, if not as deeply into murder as it first appears, then into the life of one Alabama man. At times S-Town goes so deep that some have accused Reed and his team of invasiveness.

If they go too far, it's because there's a lot to mine from a man as fascinating as McLemore, the self-proclaimed black sheep in the community that he so despises but won't leave. ORSTAR NEWS SERVICE

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Evans' leading lady is a pint-sized pro

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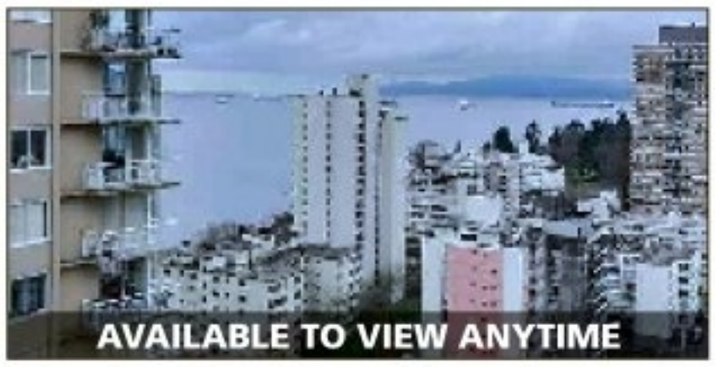

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DRAMA

Ten-year-old Mckenna Grace is a pint-sized pro, star raves

Chris Evans glows around his new leading lady, who makes no secret of her excitement at hanging out with Captain America.

She gushingly talks up his talents ("He can tap dance!"), yet is just as quick to keep him honest when he says something questionable.

She also travels with a selection of stuffed animals, including a plush seal in a pink dress.

Evans' latest co-star is 10-year-old actress Mckenna Grace. They star together in Gifted, a family drama opening Friday about an unassuming single guy raising his math-prodigy niece, determined not to let her brilliance interfere with her childhood.

Though Evans is an uncle in real life (his eldest sister has three kids, ages 3, 5 and 7), he says he bonded in a different way with Mckenna: as colleagues. Evans and Gifted director Marc Webb (The Amazing Spider-Man) saw dozens of girls read for the role, and Mckenna stood out with her childlike charm yet old-soul maturity.

"She might as well have an apartment," he said. "I'm telling you, I've met lesser pros in adults."

The 10-year-old actress— also a regular on TV's Designated Survivor — is the kind of professional who asks if she can bring her stuffed seal along while promoting her new film. She also has a plush cat with her at this interview, noting she's allergic to real cats.

Mckenna says she isn't a math whiz like her character in Gifted. Instead, she feels like she's gifted with a great family and amazing lifestyle.

"This experience is so wonderful and it makes me so thankful for my life. I'm gifted that I have my family here to support me and that I'm here right now with Chris," she said, adding, "Well, every job could be my last, you know?"

> **"This experience is so wonderful and it makes me so thankful for my life.**
> Mckenna Grace

As for Evans' gifts? Mckenna's got that covered, too. "He can tap dance! Though he still has not tap danced for me," she said.

"He can sing and he can tap dance," Mckenna declared, putting a point on the subject like a manager might.

The two did a lot of singing on set between takes, she said — mostly 1990s pop-rock.

"Her dad grew up listening to the Presidents of the United States of America, a band back in the '90s," Evans said, "so we would sing Peaches a lot, which was one of their better songs."

Looking at Mckenna warmly, he added: "She couldn't actually hear all of their songs because some of their songs have bad words."

Mckenna said she and her dad also love watching Marvel movies together, so she already knew about Captain America before working with Evans.

"He's so much more than Captain America," she said. "Civil War is always (playing) on the plane. And I look at it and I'm like, 'Hey, I know him!'"

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Mckenna Grace as Mary Adler and Chris Evans as her father Frank in the film Gifted. TWENTIETH CENTURY FOX FILM CORPORATION

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YOU'VE DIALED 911, WHAT HAPPENS NEXT?

When every second counts, emergency crews have to spring into action quickly

CONTRIBUTED

From the moment you pick up the phone to call 911, to the moment a paramedic arrives on the scene, there's an intricate, highly coordinated system of people working together to help you.

When someone calls 911 in the Lower Mainland, they're connected to E-Comm, an organization that directs emergency calls. They'll ask you, "Police, fire, ambulance?"

If you choose ambulance, your call is transferred to one of the dispatch centres for the British Columbia Ambulance Service (BCAS) in Vancouver, Kamloops or Victoria.

That's when the clock starts.

Since the '70s, an emergency response time of eight minutes and 59 seconds has become the benchmark recognized by Emergency Medical Service (EMS). If emergency services take longer to respond, the likelihood that a patient will have a "shockable" rhythm to survive declines by eight per cent.

In the province of British Columbia, this goal of 8:59 is only being met 30 per cent of the time. To improve this, the BC Emergency Health Services released an action plan in 2016 to establish 8:59 as a response time target for life-threatening calls.

Once you're connected to the BCAS dispatch centre, a call taker determines the nature and urgency of your issue, then confirms your location. If you're calling about an emergency such as childbirth, choking or CPR, the call taker will walk you through how you can assist.

While they're talking to you, they'll notify the dispatcher in real-time. As soon as they have your location, they'll type it into the computer system, which immediately transmits it to the dispatcher and responding paramedic crew.

The dispatcher will assign an ambulance crew to your call even if you haven't had time yet to tell them what your emergency is.

Once you've told them everything they need to know, and you're off the phone, the dispatcher will make sure they've sent the most appropriate unit.

In minutes, the paramedics arrive on the scene. They need to juggle multiple tasks at once, quickly and accurately assessing safety for everyone present, then taking control over the situation. They assess the patient to determine if any critical interventions are required. Paramedics then take information about the history of the incident and apply treatment.

The response is incredibly streamlined, yet it's under threat, says Surrey paramedic and spokesperson for the Paramedics of BC Brinton Deluca.

"Timely and efficient response, ensuring the preceding factors are all in place — it's all made difficult by an ever-increasing volume with resources that do not equally increase," he explains.

Surrey paramedic and fellow spokesperson Andrew Billing agrees. "The issue that needs addressing is the lack of resources," he says. "When you pull that Maple Ridge unit for a higher-priority call in Maple Ridge, then the next unit for the next call is coming from Langley or Mission."

When there isn't enough backup in your own area, paramedics from other areas need to fill in — and the wait times increase.

You can help B.C. paramedics and emergency dispatchers reduce emergency call wait times. Visit moreparamedics.com to learn more.

Mental health issues a reality for many B.C. paramedics

CONTRIBUTED

Paramedics encounter patients on what may be the worst day of their lives, and it can take a toll on mental health, says Robert Parkinson, director of health and wellness for Paramedics of BC.

"It wears on us," says Parkinson. "It's a lot to process."

Paramedics may experience post-traumatic stress disorder (PTSD), reliving images, smells and sounds they experienced during traumatic events.

Yet if a paramedic needs psychological help after a traumatic event, where can they go to offload, asks Parkinson? Mental health training and help isn't readily available for B.C.'s paramedics.

"We don't have any mental health training or education, and our $100-per-year psychological benefits plan limits our access to appropriate professional assistance," he says.

Without the knowledge or training in appropriate stress and trauma coping methods, some paramedics cope in less healthy ways.

"We 'suck it up' and say nothing, or 'show no weakness,'" he says. "Alcohol is another common mechanism people use to cope."

As the need for more paramedics in B.C. reaches dire proportions, those on the job now often feel overwhelmed. That stress can have major impacts.

More than 25 per cent of paramedics experience PTSD, according to the Tema Conter Memorial Trust, an organization that helps emergency responders with post-traumatic stress disorder.

Paramedics are a group of people who apply their skills, generosity, physical strength and emotional resilience to helping others every day.

"We want to help others in their time of need," says Parkinson. "We are a very giving group."

"It's time for paramedics to get access to the mental health support they need for PTSD and other occupational stress injuries, like depression, anxiety and addictions. We need better resources, better education and training, and fewer hurdles to reach the mental health support we need before we have an injury that is complex and difficult to treat."

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Around the world in a day: See 100 miniature landmarks at Gulliver's Gate in NYC

A link you'll remember forever

GOLF

Northern Ireland's idilyc courses are a golfer's dream

Brian Kendall
For Metro Canada

With the Irish Open set for summer and the Open Championship coming in 2019, Northern Ireland is one of the hottest destinations in golf. Left: Royal Portrush is home to one of the most challenging links courses in the world. Right: Portstewart Golf Club was founded in 1894 and redesigned in the 1920's. CONTRIBUTED

"Don't look up until you hear the ball dancing in the cup," my caddy whispered. "Make this and it'll be a fine thing to remember all your days."

My putt for an eagle three at the par-five ninth hole at Royal Portrush Golf Club was the most thrilling moment of a week-long tour of Northern Ireland's famous links courses, including Royal County Down, Portstewart and Ardglass.

Setting up nervously over my ball, I could almost feel the crash of the Atlantic against the towering sand cliffs that define this ruggedly beautiful and windblown stretch of coastline. Now largely free of the Troubles that once frightened tourists away, Northern Ireland is drawing record numbers of golfers to its more than 90 courses.

Anticipation is already building for the 2019 Open Championship at Royal Portrush, which will be the first Open hosted by the British province since Englishman Max Faulkner lifted the Claret Jug at this same course in 1951. As many as 200,000 visitors are expected at the biggest sporting event to ever be staged here in terms of prestige and global media exposure.

And this summer Rory McIlroy will return to his native soil to defend his title at the European Tour's Dubai Duty Free Irish Open. Played at Portstewart Golf Club July 6-9, the tournament will showcase a magnificent — though sometimes underrated — north coast links that twists through massive sand dunes and alongside a tranquil estuary of the River Bann.

Outside Belfast, Northern Ireland is almost all green and rolling countryside, with farms and villages linked by a spidery network of roads. Establish a base and you can reach almost any golf course within a couple of hours.

Absolutely not to be missed is Royal County Down, the iconic Old Tom Morris design set on a long sweep of Dundrum Bay, an hour's drive down the Irish Sea coastline from Belfast. Vast swathes of gorse and heather line fairways that tumble through sand hills, while tussock-faced bunkers defend approach shots to subtly contoured greens.

Conveniently nearby is Ardglass Golf Club — a course I love more with each visit. Skirting the Irish Sea, Ardglass begins and ends in the middle of a fishing village once occupied by Vikings. Looming over this idyllic setting is the world's oldest clubhouse, an imposing if slightly threadbare castle-like structure built in the 14th century.

Despite the stiff competition, it's 2019 Open host Royal Portrush that has naturally grabbed most of the attention. Two new holes are being built to accommodate huge tournament grandstands on a links that spills down a hillside to seaside cliffs in the north coast town of Portrush.

Royal Portrush's most famous hole is the 14th, Calamity Corner, a par three demanding a heroic carry to a cliff-top green.

But the defining moment of my trip came at the ninth, where not even three jittery putts that turned an eagle into a routine par could spoil a day of golf on one of the world's outstanding links.

For more golf stories, visit Brian's website at canadiangolftraveller.com

TRAVEL NOTES TRACKING BLACK BEARS, PAULA DEEN PLANS NEW SEAFOOD RESTAURANT, EXHIBITION: QUEER BRITISH ART

Yosemite's new site

Wildlife enthusiasts can now follow the daily journey of Yosemite National Park's black bears from their laptops and smartphones, tracking the animals as they lope around the park. The website Keep Bears Wild shows where select bears fitted with GPS collars are heading. The goal is to draw in the public so they know to slow down while driving and properly store food when they visit the park. THE ASSOCIATED PRESS

ISTOCK

Deen's southern eats

Paula Deen is opening a seafood restaurant on the same waterfront property outside Savannah where Uncle Bubba's Oyster House, an eatery she co-owned, closed in 2014. The celebrity cook plans to open Paula Deen's Creek House in June on Whitemarsh Island. Uncle Bubba's was at the centre of a workplace discrimination suit that hurt Deen's rep after she admitted to having used racial slurs the past. THE ASSOCIATED PRESS

GETTY IMAGES

LGBTQ art at the Tate

A portrait of Oscar Wilde that once hung above the writer's fireplace is on display at London's Tate Britain gallery along with the door to Wilde's prison cell.

The items are part of the Tate exhibition Queer British Art, which charts work "that relates to lesbian, gay, bisexual, trans and queer identities" in the century before homosexuality was partially decriminalized in 1967. The show runs until Oct. 1. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

metro SPORTS

Kevin Durant is scheduled to play in Saturday's home game against New Orleans if he experiences no setbacks to his left knee in practice

Latest injury poses dilemma for Caps

MLS

Midfielder Shea could be out for up to 12 weeks

The Vancouver Whitecaps say Brek Shea could miss up to 12 weeks with an injury to his left knee.

The veteran midfielder was hurt five minutes into Wednesday's second leg of the CONCACAF Champions League semifinal against Tigres UANL when he came together with an opponent on a challenge.

The 27-year-old crumpled to the turf and was helped to the sidelines before being subbed off.

"He's gone for an MRI (on Friday)," Whitecaps head coach Carl Robinson said after Thursday's practice. "If I had to hazard a guess, I'd say it will be six, eight, 10, 12 weeks. That's obviously not great for us."

Acquired from Orlando City FC for Giles Barnes in February, Shea scored his first goal with the club moments before the injury to give Vancouver a 1-0 lead over Tigres.

The Mexican champions eventually won the match 2-1 to claim the semifinal 4-1 on aggregate.

Shea had just returned to the lineup after serving a one-game MLS suspension for swearing at the referee in Vancouver's 2-0 home loss to Toronto FC on March 18.

Brek Shea injured his left knee shortly after scoring a goal against Tigres UANL on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

His prolonged absence leaves the Whitecaps (1-2-1) with a selection crisis in attack ahead of Saturday's Major League Soccer game at Real Salt Lake (0-3-2).

> **Other players will get the chance to step up.**
> Brek Shea

Erik Hurtado (foot contusion) and Yordy Reyna (broken foot) are already on the shelf, while Fredy Montero, who was coming off a slight hamstring problem, played 90 minutes against Tigres.

Alphonso Davies subbed on for Shea following the injury after also playing 90 minutes against the Los Angeles Galaxy last weekend, while Christian Bolanos and Cristian Techera have played 180 minutes over the last two games.

When considering the injuries and fatigue, Robinson will likely be forced to go with a lineup on Saturday that includes Nicolas Mezquida, veteran Mauro Rosales and Kyle Greig, a 27-year-old who played the last four seasons in the second-tier USL and could make the his first MLS appearance of his career.

"We're a group, we're a team. Other players will get the chance to step up," said Robinson. "We've dealt with a lot of injuries in the early part of the season unfortunately, but every team will go through it at some stage." THE CANADIAN PRESS

MASTERS

Hoffman enjoying four-stroke lead

In the toughest opening round at the Masters in 10 years, it all felt so easy to Charley Hoffman.

For the better part of three hours, in a ferocious wind that made the Georgia pines creak, he had the right yardage for the perfect club to hit every shot he wanted. And then he made the putts, so many that it felt as though he never missed.

Hoffman made seven birdies over his last 11 holes for a 7-under 65.

It was 10 shots better than the average score Thursday at Augusta National. His four-shot lead over William McGirt was the largest for the opening round at the Masters in 62 years.

"For lack of any better words," Hoffman said, "it was a dream."

It was even more surreal for Dustin Johnson.

He didn't even get to play.

Johnson, No. 1 in the world and playing the best golf of his life, was a few minutes away from his tee time when his head overruled his heart. He left the practice green and took a sharp turn away from the first tee toward the clubhouse to withdraw because of a freak injury to his lower back.

Charley Hoffman, left, and Dustin Johnson GETTY IMAGES

"My heart is in it and wants to play," he said. "The more I thought about it, I just wasn't going to have a chance."

Johnson was still trying to digest the last 24 hours. He was in his rental home Wednesday afternoon when he slipped on the hardwood steps and crashed. THE ASSOCIATED PRESS

IN BRIEF

Canada ousts Finland for gold-medal match vs. U.S. Marie-Philip Poulin scored a goal and assisted on another to pace Canada to a 4-0 win over Finland in a women's world hockey championship semifinal Thursday.

Friday's final against the United States marks the 18th time in 18 championships the archrivals have clashed for gold. THE CANADIAN PRESS

Morales, Jays slam Rays Kendrys Morales hit his fourth career grand slam, Marcus Stroman pitched 6-1/3 effective innings and the Toronto Blue Jays beat the Tampa Bay Rays 5-2 on Thursday night.

Morales homered off Blake Snell (0-1) in the third. Stroman (1-0), the MVP of last month's World Baseball Classic, allowed one run and six hits in his 2017 debut. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Sweet Ginger Apple Skillet Crumble

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If there's a homier dessert than a crumble, we haven't found it. This apple and ginger combo is a winner on a Friday night.

Ready in 50 minutes
Prep Time: 5 minutes
Cook Time: 45 minutes

Ingredients
- 5 Tbsp cold-pressed coconut oil, melted
- 4 honey crisp apples, thinly sliced
- 2 Tbsp lemon juice
- 1/4 cup spelt flour
- 1/4 cup brown sugar
- 2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 cup spelt flour
- 1/2 cup quick cook oats
- 1 Tbsp flax meal
- 1/2 tsp salt
- pinch of nutmeg

Directions

1. Preheat the oven to 350.

2. Melt coconut oil in a 10-inch oven-safe skillet, a minute or two. Remove skillet from oven and swirl oil around to coat the pan, then pour off the oil into a glass container; set aside to cool a bit.

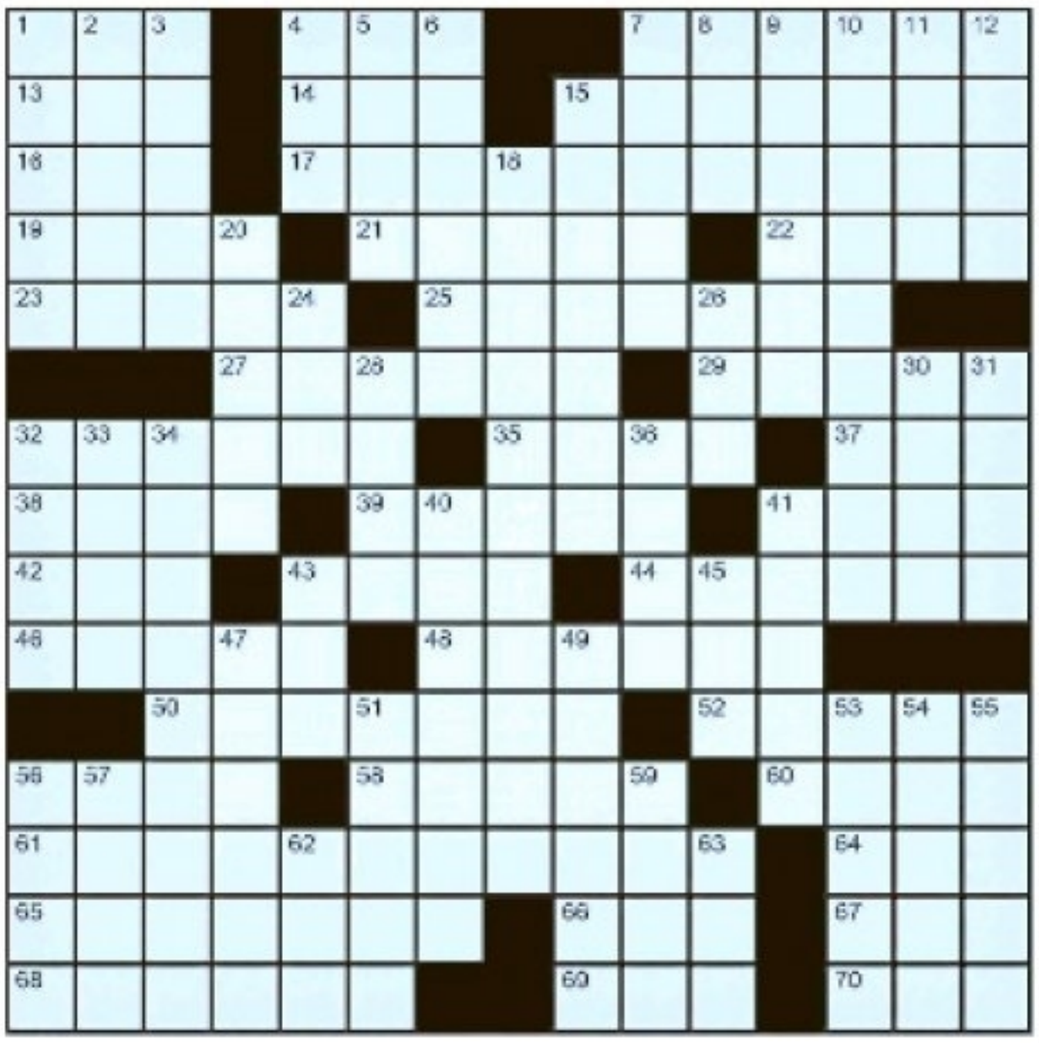
3. Place apples in the warm skillet and stir in lemon juice, flour, sugar, cinnamon and ginger.

4. For topping, combine flour, oats, flax meal, salt and nutmeg in a bowl. Pour in warm coconut oil and, using your hands, work it through the oat mixture until it has small clumps. Take handfuls of the oat mixture and sprinkle across the apples in an even layer, lightly pat it down. Bake for 40 to 45 minutes or until apples are bubbling and fork tender.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Learned letters
4. Finish
7. Some soft drinks
13. Arctic explorer John
14. Iron: French
15. Do documentary dialogue
16. Philosophy
17. Nova Scotia town on Chedabucto Bay
19. Earring kind
21. Qatar monetary unit
22. Hershey's treat
23. Virtue
25. '90s-style music storage piece: 2 wds.
27. Christian beliefs document of 325 AD, The __ Creed
29. The Troggs: "Love __ __ Around"
32. ARC = Agence du __ du Canada
35. Chows down
37. Suit accessory
38. Wife, in Latin
39. Frank Sinatra: "__ __ to the Moon"
41. Tapestry thread
42. Napoleonic Wars marshal
43. Speck
44. Dances to Chubby Checker's famous tune
46. Prefix to 'comedy' (Theatrical genre)
48. Apple quaffs
50. Island in the Strait of Georgia where #61-Across is located
52. Bakery supply
56. Nobleman
58. Flower, in Fortierville
60. Back
61. As per #50-Across... British Columbia community which has a ferry terminal: 2 wds.
64. Fellow
65. U2's "Where the __ Have No Name"
66. Caustic substance
67. Entries
68. Flavours
69. 'Velvet' suffix
70. Wknd. day

DOWN
1. 'Group of the Year' Juno-winner in 1981
2. Hurriedness
3. Object
4. Alphabetic trio
5. Nerves-related prefix
6. Fog machine need: 2 wds.
7. Renaissance painter, __ Veronese (b.1528 - d.1588)
8. Drift
9. Non-poetic writings
10. Ottawa-born rap star/producer, and classically-trained violinist
11. Luba hit: "Let __ __"
12. Very, in Vienna
15. Toronto Raptors, e.g.: 2 wds.
18. Nova Scotia community historically known for coal production and steel making: 2 wds.
20. All-day breakfast establishment
24. Can
26. Belonging to Milwaukee's li'l state
28. Fridge capacity, e.g., 28 __. __.
30. Raise
31. Permits
32. Pipsqueak pup
33. One making the opposite of a check mark, say
34. Canadian History: They transported goods between trading posts via birchbark canoes
36. Head: French
40. Venues
41. Smarter
43. Be under the weather
45. Sardonic
47. Artist's lofty space
49. x 2
51. "I wonder __ __ cold outside?" (Should I wear a jacket?)
53. Greek mythology shield
54. Steamy spot
55. Rendezvous
56. Note-passer's sound
57. Katharine's "Butch Cassidy and the Sundance Kid" (1969) character
59. Showbiz performer Martha
62. Rocker Mr. Snider
63. Languish

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You feel boisterous and "large" today. You want to do everything in a big way! And yes, you feel confident and happy as well. Whoopee!

Taurus April 21 - May 21
Today you feel quietly confident and content with yourself. Success at your job is starting to show, and you know that despite recent obstacles, you can pull this off.

Gemini May 22 - June 21
You feel popular today — and indeed, you are. People are attracted to your positive attitude and exuberance. Naturally, it's because enthusiasm is contagious!

Cancer June 22 - July 23
This is an excellent day to talk to bosses, parents and VIPs, because everyone is in a positive and winning frame of mind. That makes them see you in a good light. Go for it!

Leo July 24 - Aug. 23
You are entertaining big travel ideas today, because you feel the need to get away from all this. You want to go somewhere where life is big and you're thrilled to be there. Do it.

Virgo Aug. 24 - Sept. 23
You are confident when negotiaing wills, inheritances or anything regarding shared property. You won't sell yourself short, and you also will be fair with others

Libra Sept. 24 - Oct. 23
Relationships with partners and close friends are uplifting and fun-filled today. This is a great day to enjoy schmoozing with others, because you're in a good mood. It's just that simple.

Scorpio Oct. 24 - Nov. 22
You can accomplish a lot at work today simply because you know you can. Confidence in doing something is the bottom line to making it happen.

Sagittarius Nov. 23 - Dec. 21
This is a wonderful, playful and creative day! Social excursions, sporting events and fun activities with children will be successful. A romantic date will be memorable.

Capricorn Dec. 22 - Jan. 20
Relationships with family members are positive today, because people are in a good mood. People feel warm and friendly toward each other. This is an excellent day for family discussions.

Aquarius Jan. 21 - Feb. 19
Your positive attitude will guarantee success in everything you do today. It's a strong day for writers, actors, teachers and anyone in sales and marketing. Yahoo!

Pisces
Feb. 20 - March 20
Business and commerce are favored today. "There's money in them thar Hills!"

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	1							9
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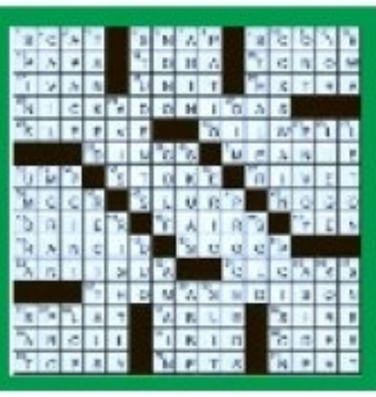

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3	6	1	2	5	8	7	9	4
9	4	8	6	1	7	5	3	2
6	5	9	8	3	2	4	1	7
7	1	2	9	4	6	3	8	5
4	8	3	5	7	1	6	2	9

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whole seedless watermelon
product of USA,
20067326001

5.96 EA

Babybel
selected varieties
120-129 g
20574332

3.97 EA

fresh lean ground beef
20001988

LIMIT 6

2.97 LB
6.54/kg

Kettle Brand potato chips
selected varieties
200/220 g
20874508001

BUY GROUPS OF 2

2.50 EA
OR 2.98 EA

Vita Coco 100% pure coconut water
1 L
20332922

BUY GROUPS OF 2

4.00 EA
OR 6.49 EA

Nutiva organic virgin coconut oil
444 mL
20371617

LIMIT 6

9.98
OVER LIMIT PAY12.99 EA

Listerine multi-benefit
946 mL- 1 L or
classic 1.5 L
mouthwash
selected varieties
20301303002

LIMIT 4

6.98 EA
OVER LIMIT PAY 7.46 EA

Jamieson vitamin D
selected varieties
180/240's
20299993/ 20344874

LIMIT 4

4.13 EA
OVER LIMIT PAY 8.27 EA

Jamieson Multi kids vitamins or gummies
selected varieties
50/60's
20946451

LIMIT 4

7.98 EA
OVER LIMIT PAY 10.47 EA

Enfagrow A+ nutritional supplement with Omega
selected varieties
680/850 g
20683473

LIMIT 4

18.98 EA
OVER LIMIT PAY 21.98 EA

Pampers or Huggies 16x baby wipes
selected varieties
1024-1200's
20802156

LIMIT 4

19.97 EA
OVER LIMIT PAY 26.47 EA

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size 1-6
20952644

33.72 EA

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